



NEWS FROM THE NEST

October 7 - 11, 2024

EAGLES S.O.A.R
(Safe Organized Accountable Respectful)

Dear Parents and Supporters of East Lake School,

Does the term "life balance" cause you to raise an eyebrow at all? As a working parent, it sometimes feels like an impossible task. There are many things to try to get done for the kids, yourselves and your household. Somehow "areas of wellness" feels more welcoming and accommodating of the many demands of life.

At East Lake School, "areas of wellness" for our Eagles may encompass physical, emotional, relational and academic. All of these domains are critical in setting the foundation for a successful day of learning.

Physical wellness includes coming to school rested, with a nutritious lunch and a bottle of water. Spending time being active both inside and outside and staying home when under the weather.

Emotional wellness encompasses how our Eagles feel about themselves, how they process emotions and a plan for when adult assistance is needed. Learning how to handle and manage stress, uncertainty and change are processes we can explore and support.

Relational wellness includes building healthy relationships with other student Eagles and with the many adults that work in our building. Learning how to build, maintain and repair relationship are important skills for school and for life. Communication and problem solving are skills that require coaching, practice and confidence building.

Academic wellness surrounds understanding oneself as a learner and developing the skills to self advocate. No two learners are the same and require the same supports for success. A Universal Design for Learning approach by teachers creates the conditions to students to explore their learning identity and be successful.

All of these areas of wellness encompass both school and home. Our goal is to work towards healthy, strong and confident Eagles each and every day. As always, we are here to support, to listen and to plan for success.

Yours in Team,

Amanda Schultz, M.Ed
Principal, East Lake School
Rocky View Schools
403.248.1091

For translation into other languages, please click here: translate.google.com

Website: <http://eastlake.rockyview.ab.ca>

Phone: 403-248-1091

Follow us on social media Instagram @eaglessoar and on Facebook East Lake School

This Week:

October 9
School Pictures

October 11
PL Day
No School

Upcoming:

October 14
Thanksgiving
No School

October 16
Parent Council
and Friends
6:00 pm

November 1
PL Day
No School

PAGE 2

Calling All Parent Volunteers!

We're looking for enthusiastic parent volunteers to assist in our Learning Commons during book exchange and special events. If you love working with kids and want to support our school community, we'd love to have you join us! You will need to have attended one of our Volunteer Orientation sessions, along with having a valid Criminal Record and Vulnerable Sector check from the RCMP on file.

Sign up today by emailing Ms. Gunn ngunn@rockyview.ab.ca to make a difference!

Important Dates from Your PE Department

Terry Fox:

East Lake! We did it! We surpassed our goal and raised a total of \$2,388.75 for the Terry Fox Foundation. Way to go!

Grade 6 Volleyball:

Grade 6 volleyball practices start next week. Students must have all forms in to the P.E. office to participate. The practice days and time are:

Boys team:

Mondays: 2:30-3:30 pm

Wednesdays: 2:30-3:30 pm

Fridays: 7:00-8:00 am

Girls team:

Tuesdays: 7:00-8:00 am

Thursdays: 2:30-3:30 pm

Fridays: 7:00-8:00 am

If you have any questions or concerns, please reach out to:

Boys team: Lauren Condrashoff; lcondrashoff@rockyview.ab.ca

Girls team: Renee Christensen; rchristensen@rockyview.ab.ca

Website: <http://eastlake.rockyview.ab.ca>

Phone: 403-248-1091

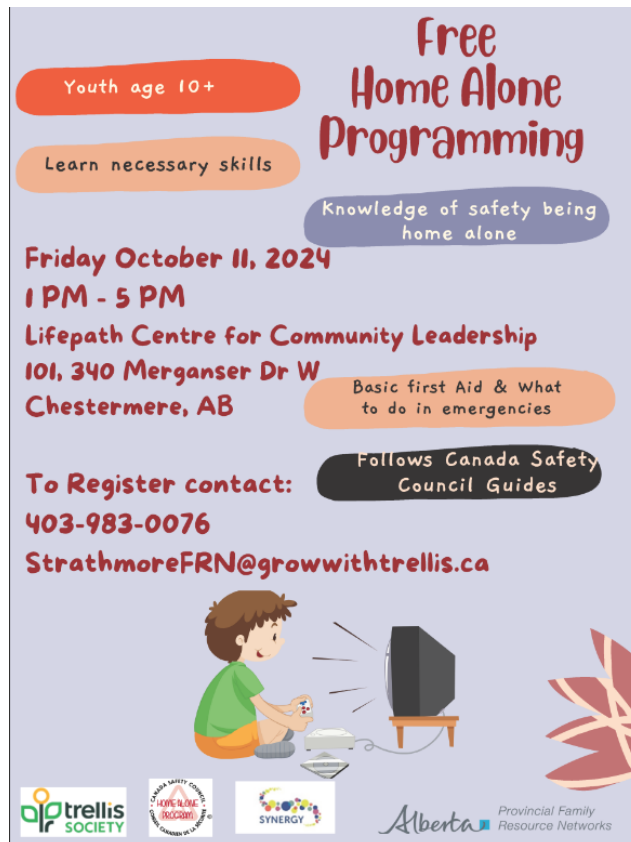
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PAGE 3

Hot Lunch Reminders from the Friends of Chestermere East Lake School Society

The Hot Lunch deadline is midnight for the next week's lunch order, i.e., Friday Oct. 5th @ midnight for lunch on Wednesday, Oct. 9th.

If your child has changed classes and you have already ordered, please go back onto the website and edit your child's class.



Free Home Alone Programming

Youth age 10+

Learn necessary skills


Knowledge of safety being home alone


Friday October 11, 2024
1 PM - 5 PM
Lifepath Centre for Community Leadership
101, 340 Merganser Dr W
Chestermere, AB

Basic first Aid & What to do in emergencies

Follows Canada Safety Council Guides

To Register contact:
403-983-0076
StrathmoreFRN@growwithtrellis.ca





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